EDITION
#05

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Conrad Mewse

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CHECKING OUT THE _OPPOSITION >

Round 1 of the 2016 Thor British Youth Nationals took place recently at Fatcat Moto Parc in Doncaster, the event was pretty awesome with the best of British Youth talent vying to become British champions. This image really caught my eye for a number of reasons. But the thing that really sticks out is the chilled out way #11 Vinnie Ray Guthrie was checking out his opposition in the super competitive SW85 class.

WATCH THE VIDEO

RAY CHUSS

WHEN GIRLFRIENDS GO WILD

Seems like riders girlfriends are just as wild about racing as anyone. Motocross is a sport and a job where you can actually take your partner to work, not sure if that works out for the better for some but by the looks of Megan who is world champion Romain Febvre's better half - she is wild about it.

WATCH THE VIDEO

RAY CHUSS

JUAN PABLO ACEVEDO

YOUNG GUN

LOUIE KES-SELL.

We caught up with SW85 rider Louie Kessell at the Thor British Youth Nationals and asked about his new set up at MVR-D and his season ahead.

New team for 2016 with MVR-D Husqvarna, how did that come about?

"The team is still St Blazey but work closely with the boys from MVR-D.

Mark and Gareth Chamberlain called Dad and said they would be at all the Thor British Youth Nationals and asked if we would like some help with suspension set up, they would watch me ride and set the bike to suit my riding style and also run their great RnR products which was pretty cool. It was a great offer from a ex-GP team that have so much experience, it was an offer we couldn't refuse and they're fun guys as well so we have a laugh."

You've just raced at round 1 of the Thor British Youth Nationals at FatCat, did it go to plan?

"The first round definitely didn't go to plan, I knew I would probably be off the pace. We haven't ridden enough in the off season, as all the tracks in the West Country have been closed for 5 months and we have no sand tracks. It was going to be tough, I had a bad start fail off in 2 races and a front puncture in one race. A good 4th race where I finished second, then the last race bike stopped on the line so had a DNF."

What went through your head when you picked up a DNF in the final moto?

"I was gutted when the bike stopped, I really wanted to finish on a high after my second place finish in moto 4, I knew I could run at the front in the last moto but that's racing, bikes break sometimes I suppose, but then when Dad said you can drop your three worst motos, I did feel a bit better."

Brampton this weekend for round 2, have you raced there before?

"I've never ridden at Brampton before I've heard it's another sand track that gets rough, I do like rough tracks so hopefully it will be good for me. I just need some good starts and stay on and some good luck."

LIVE MOTOCROSS

//WHO DID WHAT?/

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< From the Editor >

The 2016 season is now in full swing, here in the UK with the Maxxis and the BYN. The MXGP is on its second flyaway stint with Argentina which was amazing by the way and this weekend in Mexico - fingers crossed it doesn't let us down.

Over the pond in the USA, Monster Energy Supercross is on its last few laps before the grand finale in Las Vegas, barring a complete nightmare Ryan Dungey looks a safe bet for the 450 class but both 250 coasts are still anyone's guess - if you fancy a flutter maybe your money should go on Cooper Webb for the West and Malcolm Stewart on the East coast - with 4 rounds remaining, absolutely anything is possible.

Congrats to Conrad Mewse on his first ever cover (we think it is anyway) he deserves it and he's one rider to look out for in the coming years, plus he's British which rocks our world.

Enjoy the read, remember to share the love on your social sites and see you all at the races.

Chussy
EDITOR.

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WHERE ARE THEY NOW?
Glen Phillips is still passionate about the sport, things have changed for the Welshman but not that much.

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RAY CHUSS

05 >OF THE BEST<

Argentina OR BUST>

WATCH THE VIDEO

<01> CROWD

What is it with Argentina and their love of motocross?
Yet another year of huge crowds who attended round 4 of the World Motocross Championship. I noticed at the riders signing session on Friday the huge numbers who wanted to see their favourite riders in the flesh. Then 30,000 of them showed up on the weekend - good work, that's what motocross is all about.

TIM GASJER

/02

One hit wonder? I don't think so.
It feels like the changing of the guard in MXGP, the usual favourites getting banged out by the rookie newbies like Honda rider Tim Gajser. That's 4 race wins this year and another overall victory, Honda must be pumped on his performance so far this year.

<03 VIDEO/ CLIPS.

Hats of the the guys at Youthstream who are pumping out some awesome video clips of the action from every round so far this year. Argentina was not only a great track to be at but the coverage was tip top - follow all the MXGP coverage HERE.

/04

HERLINGS HITS 100

There is not a lot we can say about this kid from Holland, not only is he dominating the MX2 class with JH84 is looking comfortable in doing so. The win was extra special this time around as Jeffrey hit the magic 100 moto wins, a great achievement from one of the world's best riders.

<05>

//PATAGONIA THE NEW NAMUR?

Quite possibly the sexiest location on the MXGP circuit, the region of Patagonia in Argentina is super scenic with mountains and lakes surrounding the gorgeous looking track. Feedback from riders has been really positive with pretty much all saying they enjoy the event and the trip to South America. Lets hope and pray Mexico can follow suit, otherwise all the Argentine goodness is for zilch.

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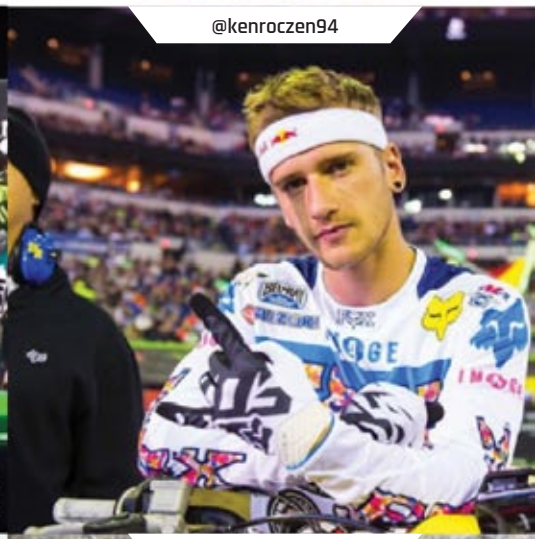
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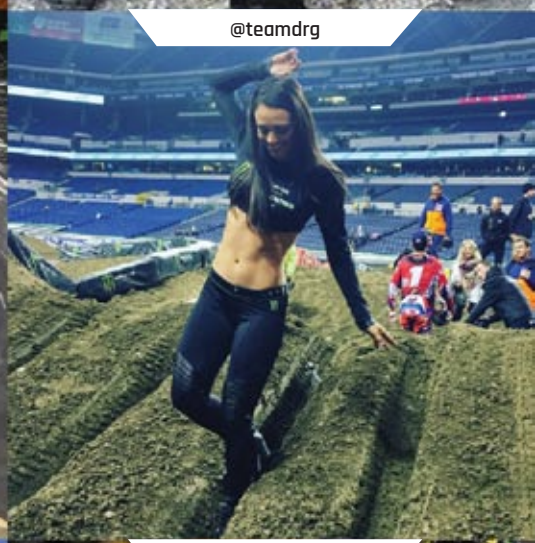
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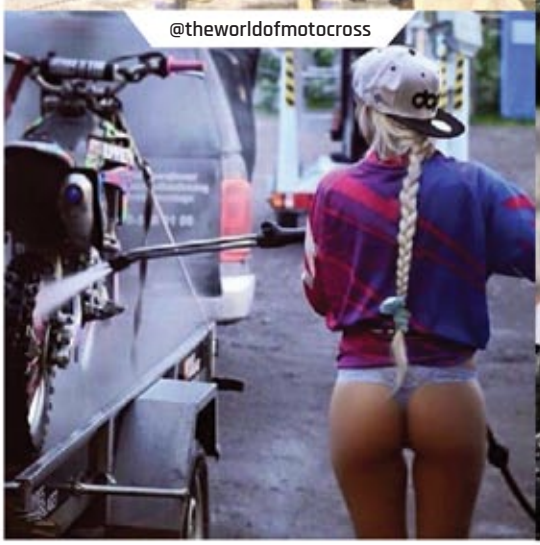
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WATCH THE VIDEO

/CONRAD Mewse

RAY CHUSS

After winning the 2013 85cc World Championship, Conrad Mewse then racing for KTM, things were looking rosey so to speak, but for some reason things didn't go quite to plan, mainly due to injuries and then came the switch to Husqvarna for the 2016 season.

After his impressive display at round 1 of the Maxxis British Motocross championship, finishing in second place behind MXGP MX2 team mate Max Anstie, I noticed a huge change in his persona, as I mentioned to him in the press conference afterwards, he looked happy and was quite literally having fun on the bike again.

Two weeks later it was off to Valkenswaard for the first round of the European Championship which ended in two very impressive race wins to take the overall championship lead.

A well deserved cover star from a talented British rider.

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<04>

KEY TIPS TO

DeteRmination

It isn't always easy, sometimes you have to work hard and put in a gritty performance even if you don't quite like the track, conditions or have had a first turn crash and have to work your way back through the pack. Just remember it's hard for everyone, never give up and push every lap right to the flag. There will be guys who give up close to the finish flag, that's your opportunity to capitalise. Never say die attitude.

/CONsistency.

A major asset to have in any championship is consistency. Quite often it isn't the fastest guy on track that win come the end of the season but the guy who puts solid performances together throughout the year. Better to take a solid 2nd, 3rd or 4th than putting your balls on the line for the win and crashing, finishing 10th or having a DNF. Solid points every Moto will get you there. You win championships on your worst days, not your best days.

/PMCA.

Positive mental attitude. This is a major part of any top sport. You have to think positive in order to achieve your goals. Without being cocky, set high goals for your season and imagine yourself achieving these goals. Use this positive motivation to get you through tough times. Take any positives about a circuit you didn't like, or a bad race and focus on these, accept any bad points and work on these. Find a positive from any negative.

FITness

Working on your fitness will improve your riding in multiple areas. You will be able to push harder for longer and take advantage of difficult track conditions or pounce on a fading opponent. Finding time to get one extra day of riding in during the week or some cycling will help massively throughout a complete season raising your game for the weekend. Always think, it may be that one extra session that your main rivals aren't doing. Great people are rewarded in public for what the practice in private every day.

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/06 THINGS WE Loved ABOUT THE THOR> BRITISH YOUTH

RAY CHUSS

/01

Track was primo

Fatcat Moto Parc was in prime condition for round 1, rain drenched the track overnight which produced a tough gnarly track for race day. Motocross isn't an easy sport, you want tracks which are multilined and keeps the rider on his or her toes - FatCat did just that.

/02

Alexander Brown

Like most media outlets sometimes we get carried away with hype around certain riders, the hype hasn't quite started just yet for Alexander Brown but when it does we'd like to say we told you so - the kid has skills for days.

/03

Crowd

Sometimes youth racing gets a little neglected when it comes to crowd attendance, really not sure why as the racing is some of the closest and best you will see anywhere. The team at the Thor British Youth Nationals seems to have moved that goal post as hundreds actually showed up to watch - we want to know your secret guys.

NATIONALS/

/04

The Dog video

We didn't actually love the video but it needs to be included. It highlights how important it is to have your mutt in control at all times if you take to a motocross event. The poor thing was lucky not to end up with a footpeg in its head - thankfully all was good and the dog gets to lick its balls another day

/05

Lewis Hall is a little bit rad

He's big he's bad and he's rad - maybe we should start the chant from the sideline when Lewis Hall races next. Lewis is definitely one to watch, very aggressive but controlled on his Kawasaki BW85, maybe slightly too big for it but that didn't stop him coming from near last to first in one of the races at round 1 - keep it up fella.

/06

BYN Video Channel

These guys are producing some awesome video content, main edits coming from Max Hynd AKA Toofastmedia,, so it was only fair to build them their own video channel on the Live Motocross website. Check out all the action from round 1 right HERE.

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This month we focus a little more on legs. The main muscle groups of the legs are Quadriceps, Hamstrings, Gluteals and Gastrocnemius (calf).

The old saying of "don't forget leg day" has never been more true as more and more people focus on gaining muscle in the upper half of the body, our legs are missing out on important strength that will not only benefit your riding ability but also in day to day activities we do.

CALF RAISES

Otherwise known as Gastrocnemius. Calf raises are super easy, we are using a step with these just for added range of movement, but you can do these without too. The tip with this one is to make sure you push up on to the toes as much as possible and slowly lower the heels back down with control.

BARBELL SQUATS

These are standard squats but using the added weight of a barbell to increase the intensity. Now... the best way to insure your squat is perfect is to take the feet to just slightly wider than shoulder width apart, toes should be pointing to 10 and 2, when you squat down get the butt as low as YOU can but make sure your back stays straight and imagine sticking your backside out to the back.

If a squat is done correct then you will target Glutes, Quadriceps, Hamstrings and the back.

+

This month we will feature all exercises visually on the website, keep your eyes peeled on our social media timelines.

RAY CHUSS

LEAH PRESTON

DUMBBELL GLUTE KICK BACK

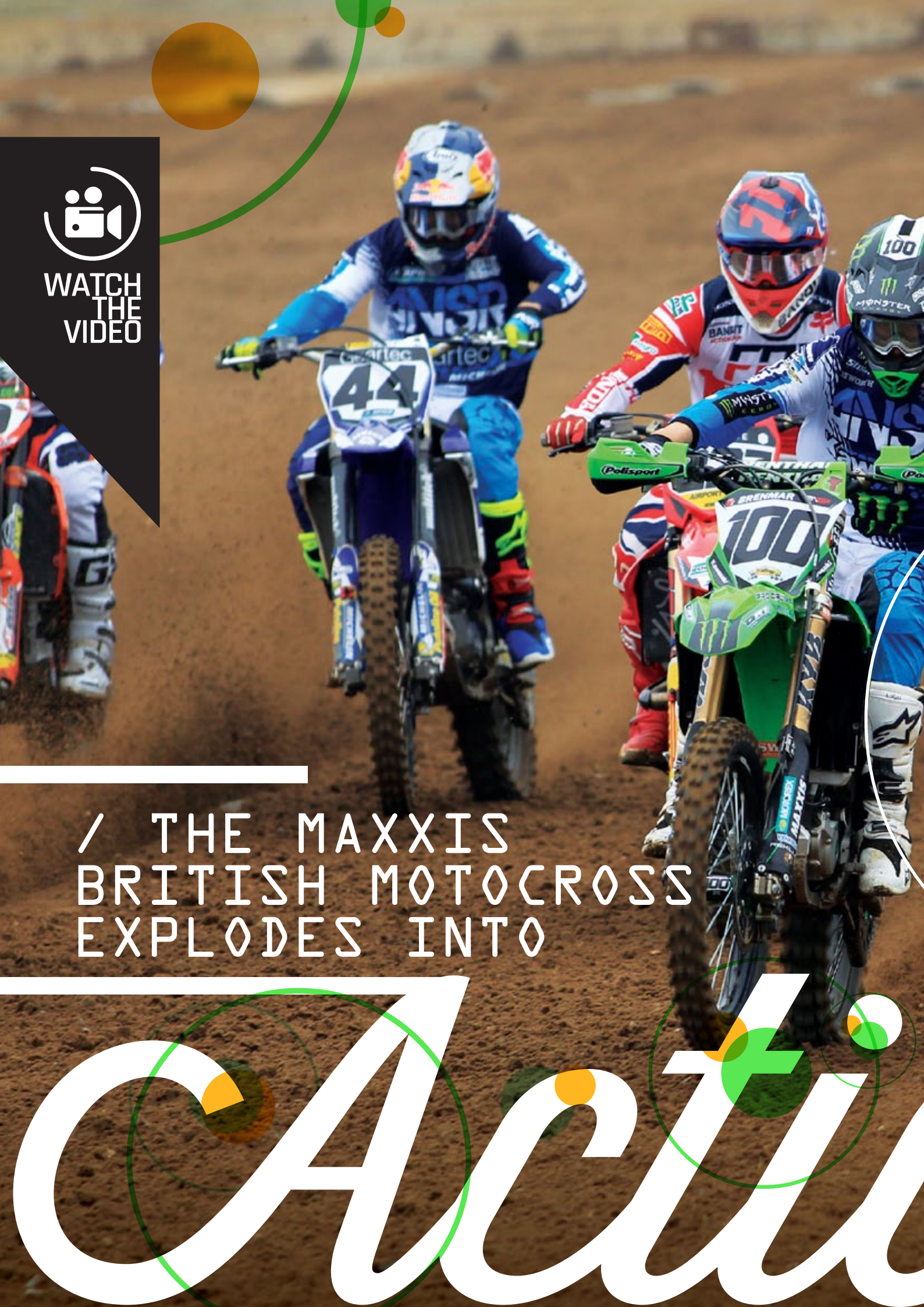
This is one of my favourites! This will target deep in to the hamstrings and the Glutes too. Grab yourself a dumbbell or something easy to grip in to the back of the knee...you do not need heavy weight with this one, I am simply using the dumbbell to encourage the hamstrings to work harder. When you are on your hands and knees, as mentioned, you need to grip and squeeze the dumbbell as tight as you possibly can to get the most benefit from this exercise, once your are squeezing that dumbbell you are going to kick the knee back as far as possible while maintaining a stable back position, slowly lower the knee and repeat.

LUNGES

Easy, simple and targets Quadriceps, Hamstrings ad Glutes. Take a big step forward, drop the rear knee down as low as YOU can (without the knee touching the floor). Keep the body upright, no leaning forward and no hands on the legs. What a lot of people get wrong with lunges is the position of the knee over the ankle at the front, the knee must not overshoot the ankle, if this is happening then you need to make your strides larger.

SHOULDER BRIDGE

Massive proportion of the back of the body; Hamstrings, Glutes and Lower Back. Nice and Easy, plant the feet into the floor, push the hips up as high as you can (squeeze the Glutes in if you want a little more burn). Once pushed up into the bridge position, you need to ensure the feet are directly under the knees, you may need a buddy or a mirror for this. Lower the body back down to the ground with control in a rolling like movement.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RICK BLYTH

In less than two weeks' time the Maxxis ACU British Motocross Championship supported by Pro Clean will be rolling into the Kent circuit of Canada Heights for the second round of the season. But first we look back at what happened at the opening round at Lyng.

/BUMPER CROWD FILL THE FENCES/

Before the opening round at Lyng there was already a lot of hype about the new season and it was great to see a large crowd turnout to see who had been putting in the work over the winter months. Even with the Norfolk circuit being spread over a large area there was still a strong number of spectators lining the fences and it was clear to see by looking at car parking fields that the number were definitely up on recent years, hopefully meaning the Championship is heading in the right direction.

/THE LAD 'DUNN' GOOD/

James Dunn's third place overall was one of the outstanding results of the day for the Hitachi Revo Husqvarna rider. After over 12 months of recovering from an almost career ending injury, Dunn came out swinging at the opening round and 4th and 7th place finishes were enough to claim 3rd overall on the day and his first ever Maxxis overall podium. What better way to start the season and with Anstie and Mewse not due to compete at Canada Heights any eyes will be on Dunn.

/MX2 LOOKING ALL 'WHITE'/

Husqvarna's rapid return to front of the field racing has been impressive in recent years and the 2016 British Championship is no different. In the both the MX2 and MXY2 classes the Husqvarna FC250 is becoming the bike of choice for a majority of the teams and privateers on the start line. The results also proved that the bike is a proven race winning machine with wildcard Max Anstie claiming a double race win ahead of teammate Conrad Mewse both times, while it was James Dunn who made it three Husky's on the podium at the end of the day.

/DOUBLE TOP FOR SEARLE/

Coming into the opening round a lot of talk was about the forthcoming battle between Tommy Searle and Shaun Simpson for the MX1 crown. Come the end of the day it was Searle who was leaving with the Red Plate after dominating all day. It all started early in the qualifying session when Searle topped the timesheets and used it to his advantage and take both race wins ahead of Simpson. But the returning Jake Nicholls also pushed Simpson hard in the second moto to prove it may not be a two horse race.

/HEIGHTS READY FOR ACTION

The Championship returns to action of Sunday 24th April at the Kent circuit of Canada Heights near the Dartford Crossing using postcode BR8 8DX. Last year saw the circuit see a complete overhaul and new layout producing a fresh feel to the venue.

For this year a few small changes have be made to help improve the flow and create more exciting racing. Camping is available on site from Saturday with admission prices at £20 for Adults, £5 for children under 14 or £45 for a Family ticket. Practice starts at 9am with the MX2 class out of track, before the first race of season starts at 11:55am.

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JED ETCHELLS
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PERFORMANCE ENHANCING PRODUCTS

SYNCRON AIR 2017 KIT

If you are looking for performance race wear at an affordable price, then look no further. The all-new Syncron Air product line was created for the rider who likes to stay cool while riding in demanding conditions. Based off the very popular ANSR Syncron entry level platform, main fabrics have been changed to mesh panels to allow for optimal ventilation. The kit is available in 2 colourways: White/Navy/Acid and White/Black/Blue.

SRP: £142.00 (incl. gloves) // Apico.co.uk

SYNCRON 2017 COLOURWAYS

ANSR already have new colourways and styles of kit for 2017 available through Apico dealers in the UK. Following on from the popular luminous colourways as seen on the AMA riders in the Supercross, ANSR now have a fantastic range of colours added to their Syncron range. There is now Black/Grey/Luminous Red, Black/Red/Acid and Black/Orange/Cyan. The colours look really fresh and are extremely good value being under £135 including the gloves!

Complete Kit Incl. Gloves SRP: £132.00 // Apico.co.uk

ARAI MX-V BARCIA FROST GREEN

The Arai MX-V 'Frost Green' Barcia design is now available through the Apico dealer network. Arai continue to sponsor the popular JGR Yamaha rider and have done another take on his Arai MX-V design. Arai are known for being one of the safest and best helmet manufacturers in the world. Each helmet shell is handmade, which takes over 18 hours! The fit and comfort of the helmet is second to none. Having been to Arai's European HQ, and owning one of their helmets, I can't recommend them enough!

SRP: £469.00 // Apico.co.uk

NEW PRO TAPER MICRO BARS

Pro Taper, the originators of the handlebar without a cross bar, now have a range of bars for 50cc - 85cc MX bikes, where the rider may have struggled with gripping the conventional sized handlebar. By reducing the hand-hold area, youth riders can now grasp the reduced size grip in the same way an adult rider grasps traditional handlebars. This gives the rider more control, drastically reducing fatigue, and ultimately gives younger riders the opportunity to ride and race to their full ability. These kits come available with throttles and a complete range of cams for all small bikes from the Cobra right through to the 85cc KTMs. The micro handlebar kit comes in a range of popular schoolboy bends and also include third waffle lite micro grips. Replacement third waffle micro grips are also available. SRP: £100 // Apico.co.uk

APICO XTREME STEEL & ALLOY SPROCKET

These new rear sprockets are manufactured using a hi grade C45 Medium Carbon Steel, for the outer ring and recessed inner, the CNC machined 2024 aluminium insert sits in place for weight reduction. The outer steel section of the rear sprockets has a black polished finish and the inner aluminium face has an ELOX finish in manufacturer OEM colours. The ELOX coating is basically the same as anodising, providing a largely corrosion-resistant coating which protects aluminium materials. These sprockets are perfect for Enduro riders and beach race competitors as well as the motocross riders who love to ride in the sand. Available for most Japanese and European makes of motocross and enduro machines 125cc and up.

SRP: £50.00 // Apico.co.uk

A Story to Tell

JEFFREY HERLINGS AND HIS 2012 MXON ENCOUNTER WITH TONY CAIROLI

WATCH THE VIDEO

RAY CHUSS

The 2012 Motocross of Nations at arguably the toughest track in the world, Lommel in Belgium, was certainly one to remember, for so many different reasons.

The USA took a drubbing from the more experienced deep sand riders of Europe, Tony Cairoli and Jeffrey Herlings pretty much much wiped the floor with everyone.

All eyes were on the young Dutch sand king Jeffrey Herlings and his battle with Tony Cairoli, Herlings a demon in the sand but TC22 was on the bigger bike and made the early laps count in their final race encounter. The atmosphere was incredible, possibly a 50/50 split with support for both riders,

Herlings had to work hard passing rider after rider from a lap one 16th position, by lap 2 he was already racing in the top 10 and by mid-race he was chasing down the confident Italian world champion. The lap times for the final half of the race were very similar for both riders but with Cairoli's incredible first lap of 1:54 the damage was done, Cairoli won by 3 seconds - Herlings gave everything but on this day, it just wasn't quite enough.

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RAY CHUSS

WHERE ARE THEY NOW

GLEN PHILL

After a successful and long motocross career, multi time Schoolboy champion Glen Phillips is still involved with the sport but in a whole different direction, we spoke with Glen recently and he explained how things have moved on in his life.

TIPS/

It's been a few years since we last spoke Glen, what is going on in your life right now?
"Basically when I finished racing the British championship in 2010 I moved over to the AMCA championship. I won first few rounds but unfortunately I became ill, and missed rest of season."

Nightmare, did it all go to plan?
"I really struggled to find any motivation to ride until I rode the KX500 at VMXDN for Jim Shand at Farleigh Castle. I then decided to race the British Evo Championship and National Twinshock champs, winning both seasons in each 2012 and 2013."

So what now, do you still ride?
"Well, while working as a mechanic in a local bike shop, unfortunately the shop burnt down so I set up my own bike shop called Gap Motorcycles, concentrating on repairs and parts of all motorcycles quads, road bikes and scooters. I've been so busy concentrating on my business that I haven't done much riding at all."

Do you think you will ride again?
"Oh yes, I'm booked in for VMXDN again this year, racing for Welsh team in September, I just need to get some bike time before the big weekend."

499 £

Cylinder head set
A little different view was used when developing the RR cylinder head KTM SX65.
Moving up from the 50cc automatic, learning how to use the gearbox,
kids need power to be usable but mainly smooth.
For the more experienced kids we need a lot of torque and high revving engines.
The development team came up with solutions fitting both riding levels.
A combustion chamber shape is created giving a smooth strong and broad
powerband with a sharp and responsive throttle response. a selection of
different volumes gives the possibility of moving the powerband from the
low to the top end suiting each riding style.
On the RR cylinder head KTM SX65 the original power valve system can be
mounted without any problem.
Wanting less stress, a unbreakable
power valve, have a look at the all new
RR cylinder head KTM SX65 with the RPPS system.

KTM SX65 2009 - 2016

PERFORMANCE PARTS FOR OUR JUNIOR STARS

Float bowl

Engine bog is a very common thing to the KTM SX65 2009 and up. Especially experienced with aggressive riders.

The RR float bowl eliminates bogging due to a fuel baffling system, that keeps a constant fuel supply to the jets. Using extra large ventilation hoses keeps the siphoning process of the carburetor functional during hard riding. We have increased the size of the float bowl plug to enable the main jet as well as the pilot jet to be reached without disassembly the complete float bowl.

KTM SX65 2009 - 2016

245 £

For more parts and information

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AMCA MX1 Superclass - FC450 Luke Burton, Frasers Husqvarna
AMCA MX2 Superclass - FC250 Luke Mellows, FUS Moto4 Husqvarna

The season has just begun, contact your local dealer:
www.husqvarna-motorcycles.com/dealer-search

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RAY CHUSS

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